



Heat Awareness Day 2021 info

Key campaign talking points:

- The campaign date is set for June 2, 2021.
- Preliminary data from the Wisconsin Department of Health Services shows seven people died in Wisconsin last year during the summer months due to heat-related causes.
- Thousands of people fall ill or are hospitalized in the state each year.
- Highly vulnerable population include very young children, the elderly, and people with heart disease or high blood pressure.
 - Individuals who are overweight or on certain medications may also be more susceptible to illnesses during extreme heat events.
- Heat dangers extend to pets. Help keep them safe by limiting their time outdoors and making sure they have access to fresh drinking water.
- Tips for keeping safe in hot weather:
 - Never leave children, disabled persons, or pets in a parked car – even briefly. Temperatures in a car can become life threatening within minutes. On an 80-degree day with sunshine, the temperature inside a car, even with the windows cracked slightly, can rise 20 to 30 degrees above the outside temperature in 10 to 20 minutes.
 - Keep your living space cool. If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner, consider going to a community cooling center. If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees, use fans to blow hot air out of the window rather than to blow hot air on your body.
 - Slow down and limit outdoor physical activity. Plan outings or activities that require physical exertion for the early morning or after dark when temperatures are cooler.
 - Drink plenty of water and eat lightly. Don't wait for thirst. Drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
 - Wear lightweight, loose-fitting, light-colored clothing. Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
Don't stop taking medication unless your doctor says you should. Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.
 - Taking a cool shower or bath will cool you down. A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.

- Avoid Sunburns. They can significantly slow the skin's ability to release excess heat.



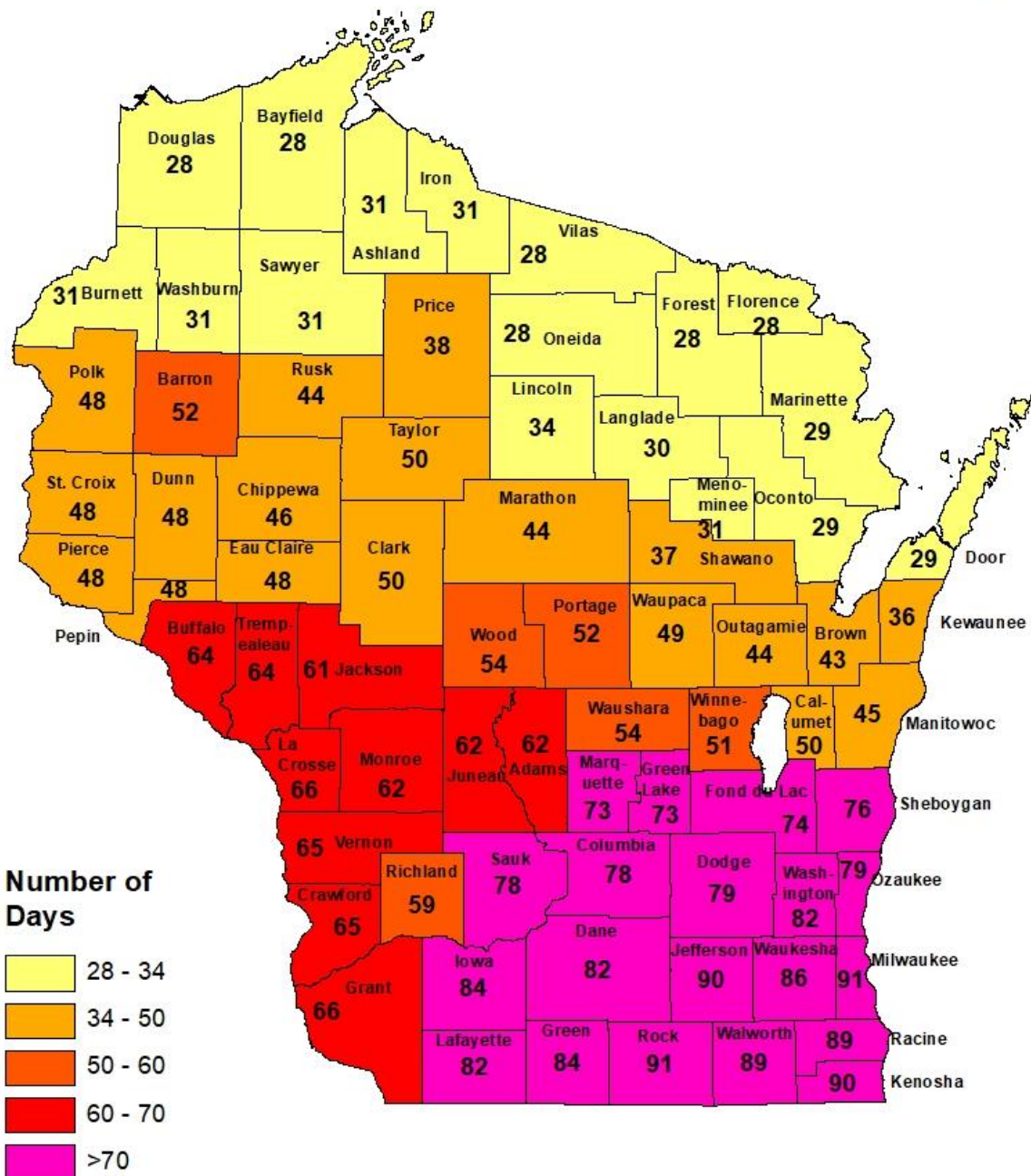
National Weather Service (NWS) Heat Wave Program in Wisconsin

1. **Outlook Statement** – Issued daily to highlight potential hazardous weather in the next 1 to 7 days. Periods when Heat Index will equal or exceed 95 are mentioned (could lead to Heat Advisory or Excessive Heat Warning conditions). These are issued as a Hazardous Weather Outlook (HWO), broadcast on NOAA Weather Radio All Hazards, and posted on NWS web sites (www.weather.gov).
2. **Heat Advisory** – Issued 6 to 36 hours in advance of a daytime period in which daytime heat index (HI) values of 100 degrees or more are expected. Additionally, if daytime HI values are expected to be 95 to 99 degrees for four consecutive days or more an Advisory should be issued.
3. **Excessive Heat Watch** – Issued generally 12 to 48 hours before Excessive Heat Warning conditions are expected.
4. **Excessive Heat Warning** – Issued 6 to 36 hours in advance of any occurrence of a 48-hour period in which daytime heat index (HI) values are expected to be 105 degrees or higher and nighttime HI values will be 75 degrees or higher. Additionally, if four consecutive days of daytime HI values of 100 to 104 are expected, an Excessive Heat Warning will be issued.

For additional information, visit <https://www.weather.gov/safety/heat>.

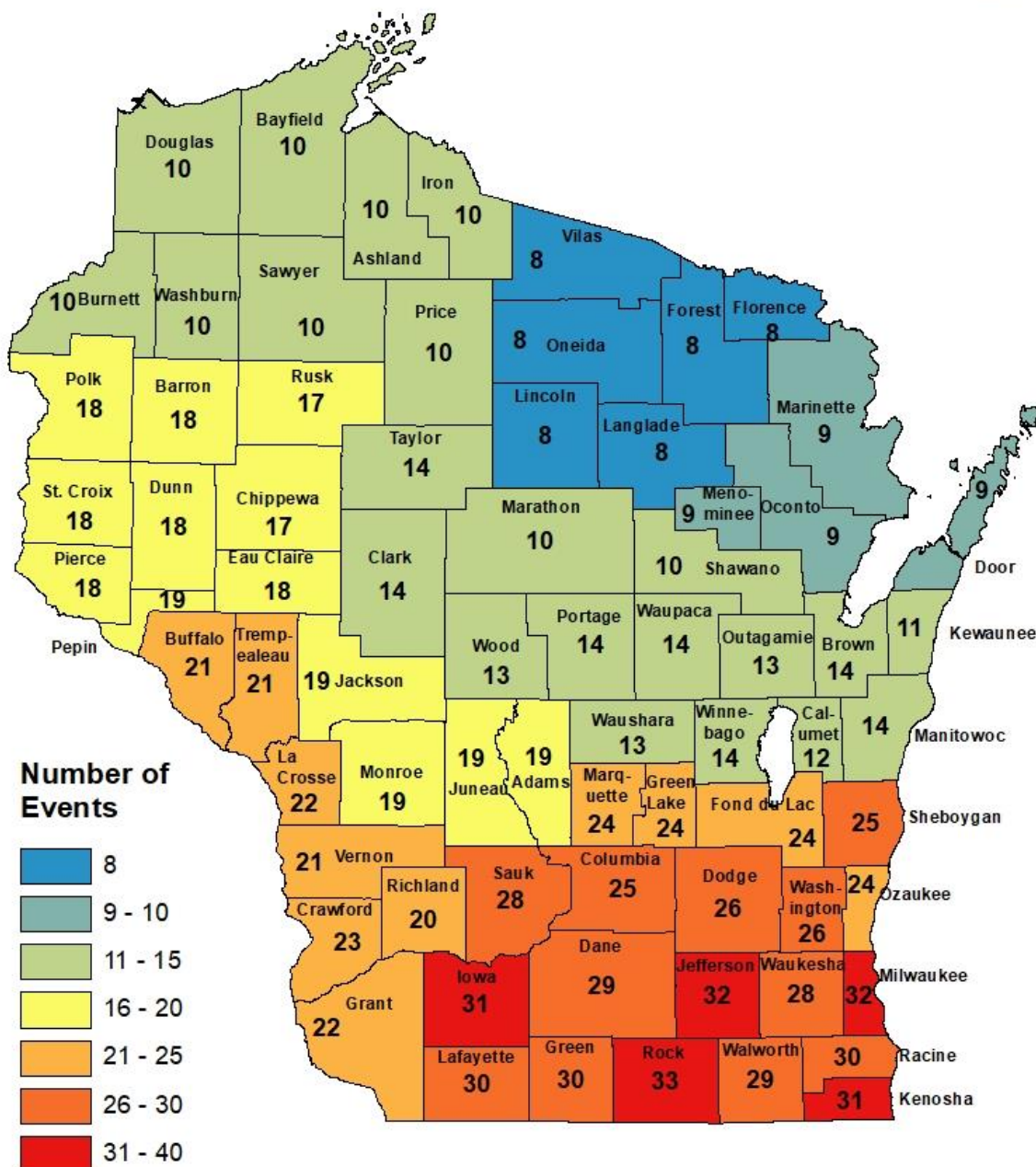


Wisconsin Heat Wave Days 1982 - 2020





Wisconsin Heat Wave Events 1982 - 2020



Signs and Symptoms of Heat-Related Illness:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

Symptoms

- High body temperature (above 103°F)
- Throbbing headache
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

Additional resources:

ReadyWisconsin - <https://readywisconsin.wi.gov/be-informed/extreme-heat/>

Wisconsin Dept. of Health Services - <https://www.dhs.wisconsin.gov/climate/heat.htm>

Centers for Disease Control - <https://www.cdc.gov/disasters/extremeheat/index.html>